



Musicians' Wellness Centre Centre du bien-être des musiciens





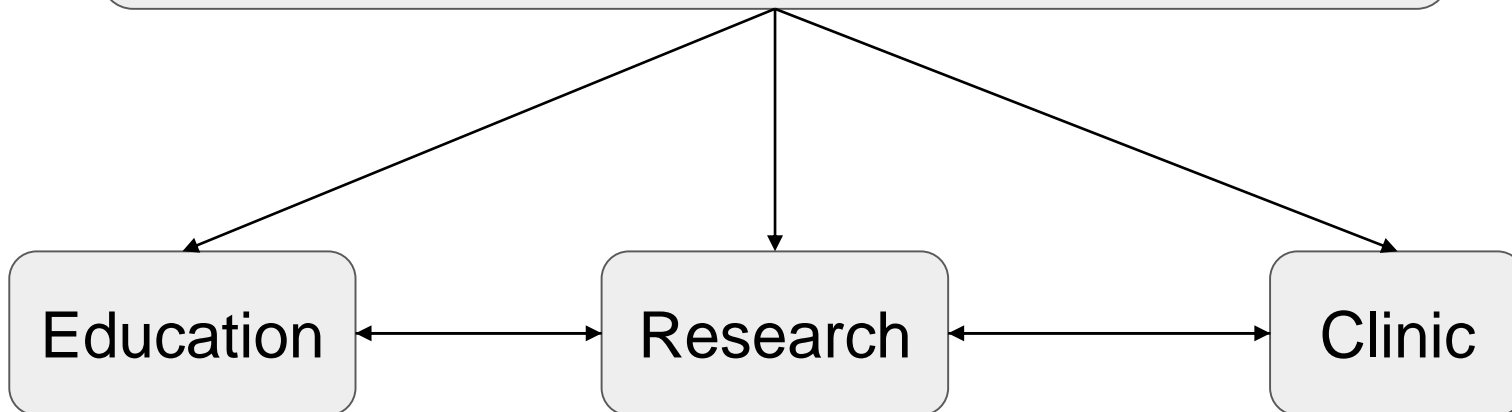
The Centre

With the widespread presence of physical pain, performance anxiety, hearing loss, and visual problems among musicians, the need for specialized training and treatment is on the rise.

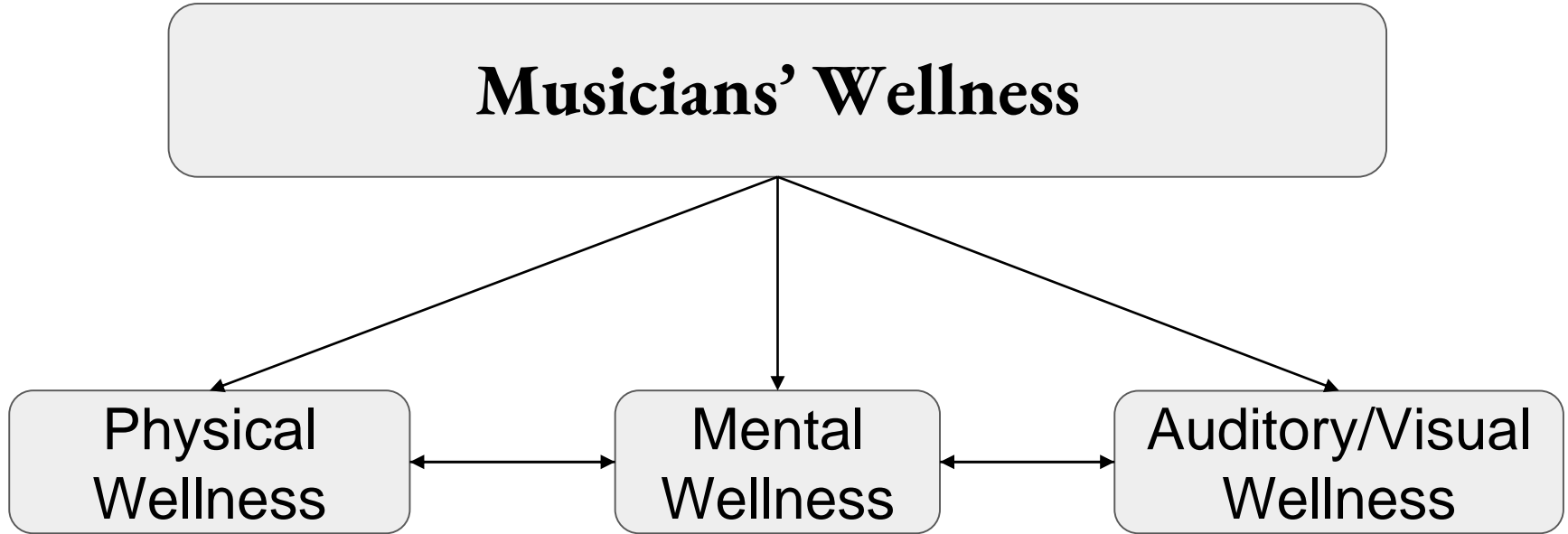




Musicians' Wellness Centre



Educate, conduct research, and provide treatment



Multifaceted whole - encompassing a musicians' physical wellness, mental wellness, and auditory and visual wellness



All ages

All levels

Musicians' Wellness Centre

Music
Students

Professional
Musicians

Amateur
Musicians

Music
Teachers

And also health care professionals, policy makers and managers, and the general public.



Education:

We offer a diverse set of educational programs:

- Master's degree - profile in Musicians' wellness
- Variety of courses for credit
- Workshops
- Masterclasses with a health practitioner



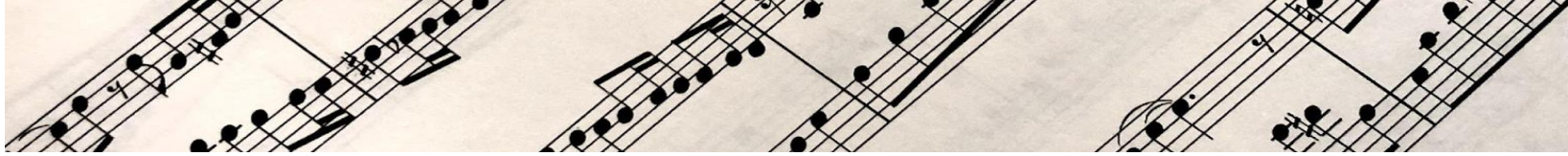


Education:

We cover a wide range of topics:

- Basic anatomical and physiological concepts applied to musicians
- Analysis and prevention of musicians' injuries
- Strategies for minimizing effects of performance anxiety
- Applying mindfulness to music performance
- Auditory health and hearing loss prevention
- Vision and music reading
- Available health approaches to improve musicians' wellness
- Development of healthy habits and practice strategies

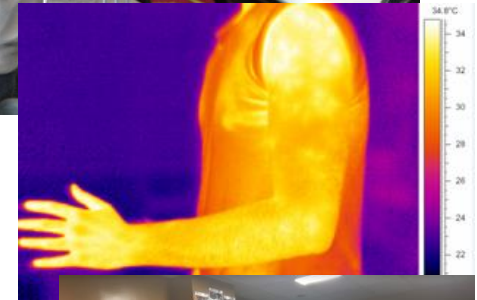
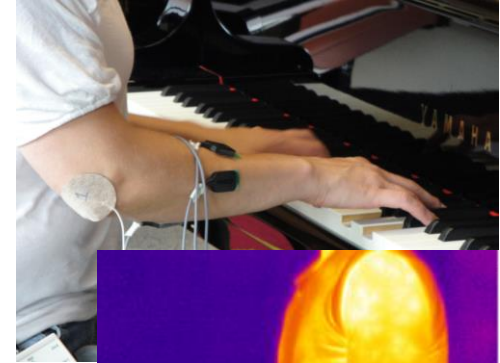




Research:

We aim to:

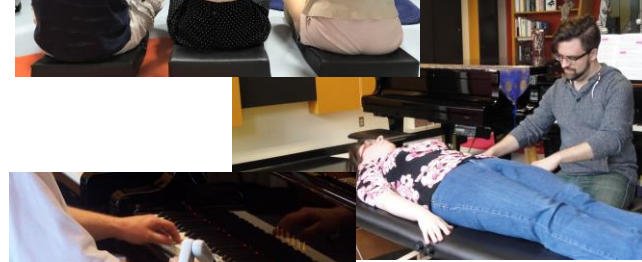
- Develop relevant, interdisciplinary research
- Expand theoretical and practical knowledge
- Evaluate the effect of various treatments and educational approaches
- Develop methodologies and tools for objectively measuring musicians' wellness
- Improve treatments and methods of prevention
- Establish strong community partnerships
- Provide opportunities for students to participate and gain research experience





Areas of Research:

- Performance Anxiety
- Somatic Approaches and Clinical Treatments
- Biomechanics and Injury Prevention
- Auditory and Visual Wellness





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Clinic:

Integrated model of care so that musicians can receive a variety of clinical treatments in a framework which is tailored to their specific needs:

- Assessment and care of physical pain and discomfort
- Interventions to help cope with performance anxiety
- Hearing and visual evaluations and guidance
- Assistance in developing healthy habits



Location:

Room 202, School of Music (PRZ)

50 University

Ottawa, ON K1N 6N5

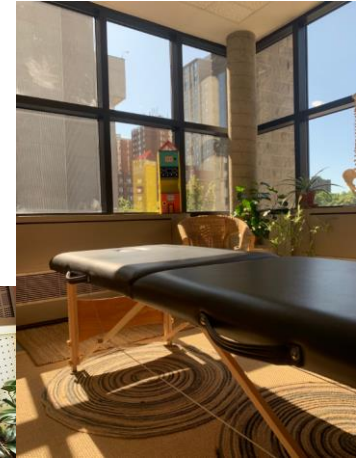


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Clinic: On-site and Off-site Services

- **Physical Pain and Injury:**
 - Assessments and treatments by our chiropractor or physiotherapist
- **Mental Performance Skills Coachings:**
 - Counselling services on site or by video call
- **Auditory Assessments:**
 - Free auditory screenings and information sessions
- **Visual Assessment and Visual Rehabilitation:**
 - For musicians of any age/level by appointment





Musicians' Wellness Centre
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Our Team: Directors



Gilles Comeau, PhD



Donald Russell, PhD



Geoff Outerbridge, DC



Carolyn Christie, MHK



Our Team: Practitioners and Educators

Brigitte and Francis Caron and team: Alexander Technique

Carolyn Christie: Mental Performance Skills Coach

Dapne Mercado: Physiotherapy (Venezuela)

Evelyn Tan: Mindfulness Training

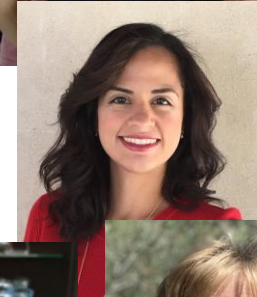
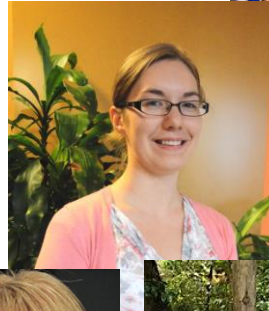
Francine Gauthier: Optometry

Geoff Outerbridge: Chiropractic

Jillian Beacon: Feldenkrais Method

Michael Fahey: Yoga and QiGong

Patricia Palmer: Physiotherapy





Our Team: Researchers

Student Researchers: PhD and MA



Jillian Beacon



Erin Dempsey



Emma Fleet



Jeff Sabo



Grace Wong



Meganne
Woronchak



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Our Team: Administrators

Clinic Administrators:

- Raina Saunders, Administrator
- Jeff Sabo, Administrator
- Lilian Zaky, Web Developer



Research Administrators:

- Nicole Stanson, Lab Administrator
- Mikael Swirp, Research Coordinator
- Yixiao Chen, Technician



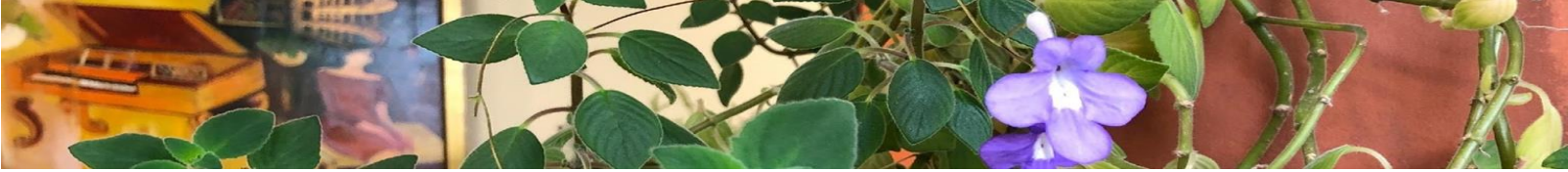


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Upcoming Events





Musicians' Wellness Official Opening: Open House

- Short lectures, workshops, and masterclasses that provide introductory knowledge and practical skills
- Opportunity to sample different approaches: choose two sessions over two hours
- Sessions will include:
 - Global Active Stretching for Musicians: Stretching from head to toes!
 - Alexander Technique Class
 - Feldenkrais Awareness through Movement Lesson
 - Mental Skills to Enhance Performance Excellence
 - Music Masterclasses with Chiropractor or Physiotherapist





Musicians' Wellness Official Opening: Open House

Date/Time: Saturday, October 5, 2019; 9:30am Welcome, 10:00am-12:00pm Open House

Location: School of Music (PRZ), University of Ottawa

Who can attend?:

- **Workshops:** All musicians are welcome
- **Masterclasses:** All musicians and non-musicians are welcome to attend, email mwc@uottawa.ca to perform

Cost: Free - Register to secure a spot!



Master's Degree - Musicians' Wellness profile

Students can:

- Do an MA in music with a specialisation in Musicians' wellness
- Participate in research projects related to musicians' wellness





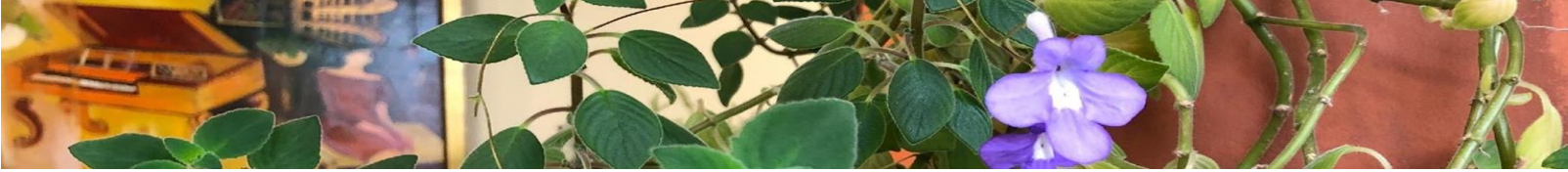
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For-credit Courses: open to everyone

- Wellness practitioners and educators provide both practical and theoretical knowledge
- Full-time university students can take these courses for credit
- Members of the Ottawa community can register for credit or as auditors
- Some will be available to distance students





For-credit: Pain and Injury Prevention for Musicians (MUS4392A)

Description: Set of three workshops on Pain and Injury Prevention

- **The Musician's Body and Repetitive Strain Injuries for Musicians:** September 21, 2019; 9am-4pm
- **Posture and Spine Pain:** November 2, 2019; 9am-4pm
- **Understanding Postural Reflex (Alexander) and Feldenkrais Method for Musicians:** November 23, 2019; 9am-4pm

Location: School of Music (PRZ), University of Ottawa

Who can attend?: All are welcome: uOttawa students and community members who are not uOttawa students

Cost:

- For Full-time uOttawa students: free upon course registration
- For community members (auditors or with credits): Visit the Professional Development Institute page.



For-credit: Music Performance Anxiety (MUS4392B)

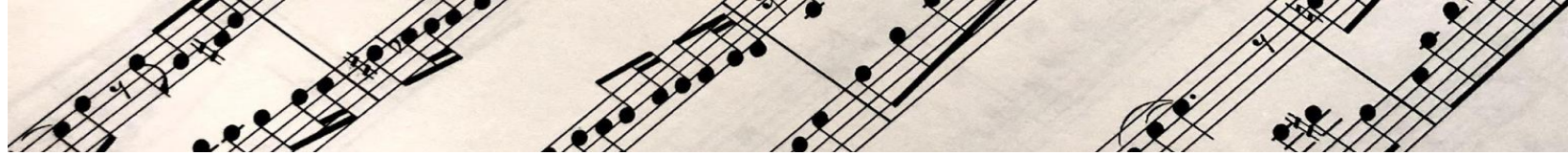
Description: Set of three workshops on Music Performance Anxiety

Location: School of Music (PRZ), University of Ottawa

Who can attend?: All are welcome: uOttawa students and community members who are not uOttawa students.

Cost:

- For Full-time uOttawa students: free upon course registration
- For community members (auditors or with credits): Visit the Professional Development Institute page.



For-credit: Restorative Yoga for Musicians and Actors (AMT 3500)

Description: Group of four workshops to help musicians and actors learn about healthy postural habits Participants will

- Learn about bringing awareness to pelvic alignment, core stability, flexibility, and muscle imbalances
- Techniques from both yoga and QiGong and emphasize mindful breathing and body awareness.
- Poses and movements promote gradual postural adjustment through increased awareness
- Also benefit teachers seeking to incorporate injury prevention strategies and ergonomic playing postures into their lessons

Instructor: Michael Fahey

Who can attend?: All are welcome: uOttawa students and community members who are not uOttawa students

Dates/Times: Winter 2020 (TBA)

Cost:

- For full-time uOttawa students: Free
- For community members uOttawa students: Visit the Professional Development Institute page.



Workshops

- Non-credit workshops specifically designed for musicians
- Some open to University students and some to community members
- Topics include:
 - Mindfulness Training for musicians
 - Alexander Technique
 - Feldenkrais Awareness through Movement
 - Yoga
 - Global Stretching.





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Group Mindfulness Series

Description: Eight sessions to learn new habits of awareness through mindfulness exercises

- Sessions can include walking meditation, body scanning, QiGong
- Discussion periods to help participants process emotions and thoughts that arise during the practice

Instructor: Evelyn Tan

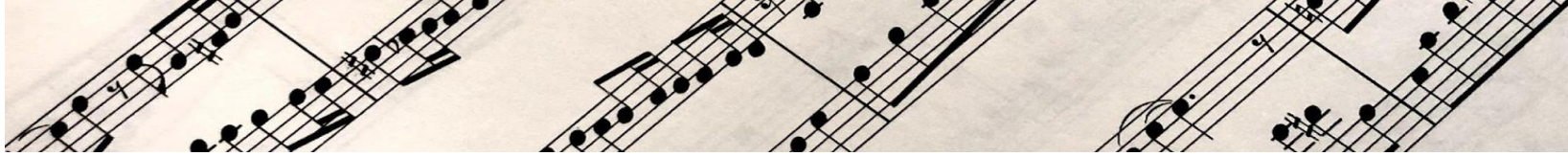
Who can attend?: Open to Full-time University of Ottawa students (not for university credit).

Dates: We will hold two “try it out”, introductory sessions on September 23 and September 26

Students will then register for six weekly sessions, running from the week of October 21st until the week of November 25th

Location: School of Music (room TBA)

Cost: Free



Group Classes in Somatic Training: Fall and Winter

Description: Weekly group classes in Alexander Technique as well as Feldenkrais Meth. Both sets of classes will be tailored specifically for musicians

Instructors:

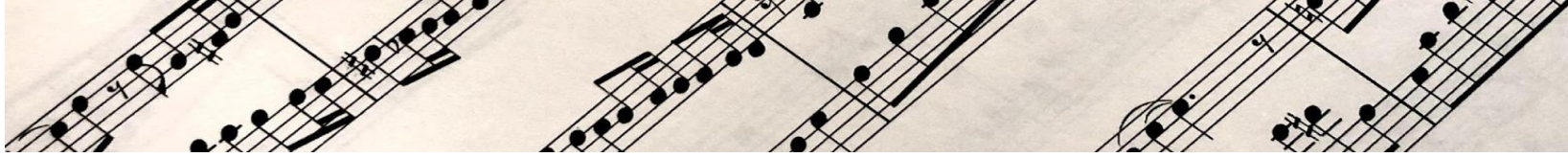
- Alexander Technique classes: Brigitte Caron and Team
- Feldenkrais Method classes: Jillian Beacon

Who can attend?: All are welcome: uOttawa students and community members who are not uOttawa students

Dates: TBA

Location: School of Music (PRZ)

Cost: TBA



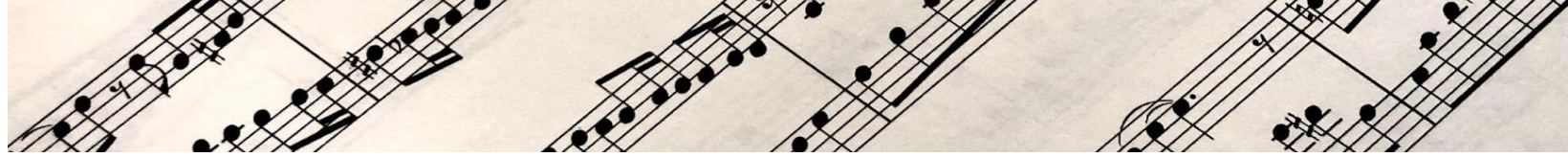
Masterclasses

- Musical performers and health professionals collaborate together
- Focus on the mental and physical components of performance
- Students can invite their music teachers to take part in the class
- **Topics related to:**
 - Anatomy for musicians
 - Performance anxiety
 - Pain and injury prevention





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Auditory Screening Clinic and Info Session

Description: Auditory screening sessions in collaboration with UOttawa School of Audiology

- Diagnose hearing sensitivities and problems
- Provide recommendations for future prevention

Information sessions to learn about hearing loss, auditory screenings, hearing protection, and prevention strategies

Who can attend?: Musicians of all ages/levels

Date/Time: November (Specific dates TBA)

Location: School of Music

Cost: Free





Visual testing and Visual Rehabilitation

Description:

- Diagnose visual problems that impact music reading
- Prescribe glasses/lenses to help with music reading
- Provide vision therapy

Who can attend?: Musicians of all ages/levels

Date/Time: By appointment

Location: Local eye clinic (see website for details)





Research Study Day

Description: A day devoted to new research related to musicians' wellness. Activities will include paper and poster presentations, and possibly roundtable discussions.

Date/Time: Friday, March 20, 2020; 9:30am-4:45pm

Location: Creator Space, School of Music (PRZ), University of Ottawa

Cost: Free for all attendees

Proposals can be sent to mwc@uottawa.ca until November 30, 2019





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Contact:

Website: www.piano.uottawa.ca/mwc

Email: mwc@uottawa.ca

Phone: (613)562-5800 ext. 2704

